

Abstract

Title: Ski training program of the older school age beginners and the evaluation of acquired skiing skills.

Objectives: The main objective of this bachelor thesis is to prepare a concept of the ski training program for school age beginners, including the schema how to evaluate a succes of created program as well. This program should be verified in my diploma paper

Methods: The main processing method used in this bachalor thesis is the analysis of documents. I created a concept of the ski training program for older school age beginners based on analysis and synthesis of theoretical information. I created a schema, how to assess a level of acquired skiing skills of the course attendants. Method used in this schema is a subjective assess scale, standard scale, based on a video-analysis of well defined test runs of the attendants on the beginning and the end of the course.

Results: I created in a table form a ski training program of the older school age beginners and a thorough description of the considered excercises. The video of the course attendatns will be evaluated and analysed according to the standard scale with well defined five test runs to assess acquired skiing skills of the course attendants.

Key words: older school age, skiing of the children, ski course, assess scale

